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Active Shooter Drill Tests NSAB Security Response

By **ANDREW DAMSTEDT**
NSAB Public Affairs
staff writer

The cries for help came from the stairwell.

Two security personnel were clearing Bldg. A on the Uniformed Services University of the Health Sciences (USU) campus when they heard someone yelling.

"Help! I've been shot. I think my friend is dead!" shouted one of the wounded actors in this active shooter drill held onboard Naval Support Activity Bethesda (NSAB) Feb. 4 during the Navy-wide Solid Curtain-Citadel Shield.

The two officers went down the stairwell and passed the wounded and dead actors in this simulated scenario to make sure the building was clear. The shooter, played by Master-at-Arms 1st Class Nate Cable, had made his way through the building and down to the USU security office where he shot the pre-planned targets.

After he was apprehended by security, the officers went through the buildings to make sure the area was secure before an announcement was made over the base's loudspeakers that the exercise had been completed.

This active shooter drill was one of many exercises during the two weeks of Solid Curtain-Citadel Shield 2016, a Navy-wide exercise that assesses law enforcement response in several different scenarios.

Master-at-Arms 1st Class Jonathan Cales, leading petty officer of NSAB's Security Training Department, said all the objectives of Solid Curtain-Citadel Shield are being met and they are learning from it as well.

Not only does Solid Curtain-Citadel Shield help Se-

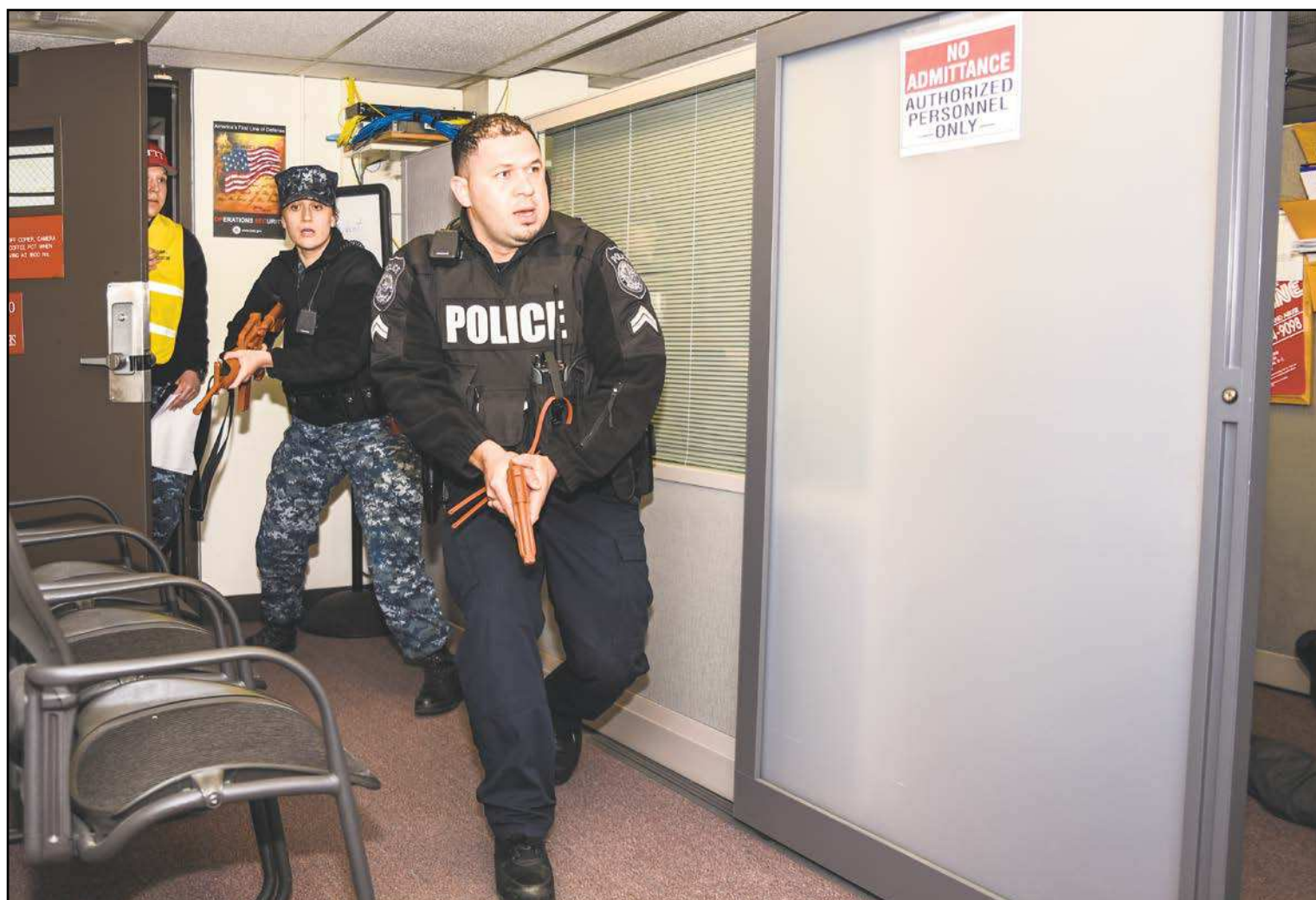


PHOTO BY MC2 HANK GETTYS

Naval Support Activity Bethesda Security personnel respond during an active shooter drill Feb. 4 as part of the Navy-wide Solid Curtain-Citadel Shield exercise.

curity learn, but Cales said it helps those who come to the installation to know how to act in a real-world event.

USU hosted the active shooter scenario this year because of the tough environment law enforcement would face if an actual incident occurred there, Cales said, pointing out several rooms and stairwells and how the buildings are all connected through hallways.

"When it comes to an active shooter, if you can hear gunshots and you can hear screaming then you kind of get a sense of which direction you need to go," Cales said. "In the event that you respond on scene and you don't hear that, then you

have to systematically clear every floor, which means every room, every hallway, every staircase, until you clear the entire building. Then you would go from building to building until you can clear the entire facility."

Another reason the drill was at USU was that higher education facilities have become frequent targets for active shootings. A 2013 FBI report on active shooter incidents in the United States lists educational environments, government facilities and health care facilities as three of 11 categories where the public is at risk, all three of which are housed within NSAB.

"Our chances, statistically speaking, of that being a realistic threat for us are high," Cales said. "Yes, the Navy does say that we will conduct active shooter exercises annually, and that we will do annual training for active shooters. However, it's not just a check in the box. It is us practicing for a very realistic threat that we face every day."

All the objectives were met during the drill, which had base security responding as if it were an actual event, Cales said.

"We're meeting our objectives and we're learning from it at the same time," Cales said. "Nothing is ever expected

to be perfect ... had I just stood downstairs in the USU security office and said 'Okay, activate the (exercise) now' and made the call myself, my guys really aren't getting a lot out of the training."

Notices went out via Everbridge and the base's loudspeakers that an active shooter exercise was happening and instructing people across the installation to shelter-in-place.

"I walked upstairs and it seemed that everybody sheltered in place — doors were locked where they could be and everyone did what the appropriate steps were for an active shooter," said Chris Mottler, USU security director.

Army Troop Command Column



Col. Richard S. Lindsay
Commander, U.S. Army
Element Troop
Command North

Bethesda Teammates,
I come to work every day feeling that I have true meaning in my life knowing that I am part of a great joint team (made up of men and women of the Army, Navy, Air Force, Marine Corps, and federal civilians) that really have the best possible job – that is to provide healthcare to our nation’s selfless warriors (both past and present) and their family members. I hope that you each feel the same way as it is truly a great mission that we have.
Everyone here on this installation plays a part, in some shape or form, of that team that provides that healthcare, including the Security personnel at the gates, the Logistics team that provides the supplies, the Patient Administration team, the front desk at each clinic, and the healthcare professionals that actually care for the patients, in both the outpatient and inpatient settings. We also have other teammates on the Bethes-

da campus to include the Uniformed Services University that is training fellow service members to be the next generation of healthcare professionals; and we have multiple researchers and numerous other specialties (both clinical and administrative) that are integral members of the team. Every one of you should be extremely proud of yourselves for the role that you play in caring for our great patients, and you should also be proud that you stepped up to serve this great Nation during this time of multiple conflicts around the world. Each and every one of you does an outstanding job every day.
I would ask that we never forget that the reason we are all here is because of our patients.
Having said that, I want to discuss something that is near and dear to my heart and that is PROFESSIONALISM. According to Merriam-Webster’s Dictionary, the definition of professionalism is “the skill, good judgment, and polite behavior that is expected from a person who is trained to do a job well.”
In the Army we talk about the Army Profession and the five essential characteristics that help define it. These are:
Military Expertise
Honorable Service
Trust
Esprit de Corps
Stewardship of the Profession
I would argue that whatever branch of service we are in, these concepts apply. It is said that the bedrock of our profession is the characteristic of Trust. There are many ways to develop that Trust, whether it is between each other, between our Bethesda staff and our patients, or between the military service and the people of the United States.

What can each of us do to develop and sustain that professionalism? For the most part I would say that we are already displaying that appropriate level of professionalism in our interactions each day, but we can always improve. Each of us need to ensure that we interact with Dignity and Respect with our patients, our teammates here throughout the campus, and even when we are off-duty and away from our military installations.
This professionalism can be manifested in many different ways. It can be the relatively small thing of addressing people you interact with by their names and titles (that they have earned), smiling and greeting each other, or picking up a piece of garbage that is on the floor. Or it can be the time that you need to rely on your intestinal fortitude in telling a senior officer that they are violating uniform regulations, correcting someone for smoking in a non-smoking area, or even correcting a fellow service member, on- or off-post who is acting in a manner that brings discredit upon the military service.
The bottom line is that we all know the way we are supposed to act and we need to ensure that we display those attributes on a daily basis, whether we think someone is watching us or not. These relatively small acts will help ensure that we continue to earn and sustain the American people’s respect and trust as shown in nation-wide polls.
Again, I am proud and humbled to be part of this great Bethesda Team. Thanks for all that you do for our patients, our teammates and our great nation. My family and I wish all of you the best. God bless. “One Team, One Fight.”

Bethesda Notebook

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center (WRNMMC) the third Thursday of every month. The next meetings will be Feb. 18 from 1 to 2 p.m., and 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited. Military ID is required for base access to WRNMMC. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to the event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Leadership Academy

The next Leadership Academy at Walter Reed National Military Medical Center is Feb. 22-26 in Building 5, Heroes Zone, Room 4008/4009. The academy’s mission is to provide a joint service leadership and management curriculum enhancing the professional knowledge, skills and abilities of current and future leaders in the Military Health System. Class size is limited to 40 and registration deadline is Feb. 18. For more information or to register, visit <http://tinyurl.com/WRNMMC-LSA-RBCT>.

Morning Prayer

Chaplain (Lt. Col.) Joseph Ko leads a morning prayer every weekday morning from 6:30 to 6:50 a.m. (except holidays) in the hospital chapel (Liberty Building 8, first floor). Everyone is invited to attend. The service is also shown on the medical center’s closed circuit “Flag Channel” (Channel 14) in most patient rooms.

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Army Nurses Celebrate 115 Years

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

“You’re looking pretty good for 115 [years old],” Walter Reed National Military Medical Center Director Rear Adm. David Lane told the audience of Army nurses who gathered with their Navy, Air Force and civilian colleagues Feb. 2 in Memorial Auditorium to celebrate the 115th anniversary of the Army Nurse Corps (ANC).

On Feb. 2, 1901, the female Nurse Corps became a permanent corps of the Medical Department under the Army Reorganization Act passed by Congress. Nurses were appointed in the Regular Army for a three-year period, although nurses were not actually commissioned as officers in the Regular Army. Forty years later, Congress established the Army Nurse Corps in the Medical Department of the Regular Army, and provided permanent commissioned officer status for members of the corps.

The WRNMMC event



PHOTO BY SHARON RENEE TAYLOR

Members of the Walter Reed National Military Medical Center Nursing Directorate and Army Nurse Corps celebrate the 115th birthday of the ANC with retired Army Lt. Col. Ruth Kulvi, 84, (center) Feb. 2 at WRNMMC.

marked 115 years of compassionate nursing care and a lasting legacy of Army nursing leaders, explained Master Sgt. Wendy Jarvis, senior enlisted leader for the director for nursing services. According to Army Col. Ray Antoine, director for Nursing Services, 244 Army Nurse Corps officers and 50 licensed practical nurses serve at the flagship of military medicine.

“We are pleased this year to

recognize some of our nursing trailblazers who have paved the way and continually proven their dedication and commitment to nursing excellence,” Jarvis said.

The celebration honored six members of the WRNMMC Nursing Directorate’s team retiring this year including Antoine, Army Col. Jacqueline Allen, Army Lt. Col. Harriet Johnson, Army Maj. Mark Fortin, Army Capt. Zane Keen

and Army Master Sgt. Staci Harrison. Jarvis explained the group represented a total of 159 years of nursing experience.

Keynote speaker, Army Col. Traci E. Crawford, commander, Moncrief Army Community Hospital, Fort Jackson, South Carolina, spoke on the anniversary theme, “Leading from where you are.” With 28 years in the ANC, she explained her take on the subject.

“It’s about doing your best no matter what, learning from that opportunity, and knowing that the experience that you’re having—whether good or bad—is going to help you in the future. You can draw on that experience to help you to succeed,” Crawford explained. “If you reflect on the past, it helps [keep] you moving forward with your present and setting your goals.”

Retired Army Lt. Col. Ruth Kulvi knows about reflecting on the past and moving forward. The now 84-year-old spent 24 years as an Army nurse, starting her career in March 1953 at Fort Sam Houston, Texas.

“I was the first nurse clinician (practitioner) in the Army,” said Kulvi, who also at-

tended the 115th ANC birthday celebration at WRNMMC.

In anticipation of a physician shortage, in the 1960s and 1970s, the ANC sent Kulvi and one other nurse to the University of Colorado to become physician extenders. In 1968, the Army assigned Kulvi to the former Walter Reed General Hospital to test an advanced practice role in the Army Medical Department. Her success helped conceptualize the Army Nurse Clinician Program. By 1974, 140 Army nurse clinicians were actively practicing in the Army, according to the book, “A History of the U.S. Army Nurse Corps,” by retired Army Lt. Col. Mary Sarnecky.

“Every year we take this time to reflect on our rich heritage and appreciate all the innovation and sacrifices of those who’ve come before us. Since 1901, we have served shoulder-to-shoulder with our Nation’s warriors in every major conflict, and have touched the lives of countless people,” said Antoine, reading a statement from Maj. Gen. Barbara Holcomb, deputy commanding general for operations, Army Medical Command, and chief of the ANC.

Medal of Honor Recipient Recalls Time at WTB

By ANDREW DAMSTEDT
NSAB Public Affairs
staff writer

By his own admission, retired Army Capt. Florent Groberg was not the easiest patient when he first came to Walter Reed National Military Medical Center (WRNMMC) in 2012 after being injured in Afghanistan.

“I was not the funnest guy to be around,” said Groberg, a recent recipient of the Medal of Honor, when he spoke at the Warrior Transition Brigade’s (WTB) formation Feb. 3 in Naval Support Activity Bethesda’s Fitness Center gym. “I hated my life. I lost four people on my patrol: Army Command Sgt. Maj. Kevin J. Griffin, Air Force Maj. Walter D. Gray, Army Maj. Thomas Kennedy, and (foreign service officer) Ragaei Abdelfattah to a suicide bomber.”

Groberg received the Medal of Honor for his actions on Aug. 8, 2012. Groberg rushed a suspect and led the suicide bomber away from a patrol by putting him down to the ground, where the vest subsequently exploded, according to

Groberg’s Medal of Honor page on the U.S. Army’s website.

“So for months, I was that guy, ‘Why am I here? Why are my brothers not here?’” Groberg said. “I needed advice. I needed mentorship. I needed emotional support. I needed to know how to let people in.”

Groberg spent almost three years at WRNMMC recovering from his injuries, which included the loss of 45 to 50 percent of his left calf muscle, a blown eardrum, and a mild traumatic brain injury. He was attached to the Warrior Transition Brigade and retired from the military in July 2015.

It wasn’t until Army Staff Sgt. Travis Mills, a quadruple amputee, came into his room and told him: “What a great day to be an American. What a great day to be alive,” that Groberg said he decided to change.

Groberg said he “looked at the guy like he was crazy,” but after speaking with him for a while he said he made a decision.

“At that specific moment, I said ‘I’m done,’” Groberg explained. “I’m done being weak. I’m done feeling sorry for my-

self. I’m going to do everything I’m supposed to do; what the doctors tell me, physical therapists, occupational therapists, my family, my friends and I’m going to take this opportunity to live my life to the best of my abilities. I was given a second chance at life.”

He said he had everything he needed to succeed during his time recovering from his injuries, but he had to seek out those opportunities himself. He said it was a tough road, especially when he was told that he needed to transition out of the Army.

One thing that really helped him was speaking with the families of the men who died Aug. 8.

“I told them how sorry I was that I could not bring home their loved ones,” he said. “And they all looked at me as if I was crazy. ‘Are you kidding? You are him. You represent him. Everything you do for the rest of your life is going to be an extension of Griffin, Kennedy, Gray and Ragaei. We feel sorry for you because you have a big responsibility now – because you have to live for four other individuals.’”



PHOTO BY AIRMAN MATTHEW HOBSON

Retired Army Capt. Florent Groberg, Medal of Honor recipient, speaks to members of the Warrior Transition Brigade (WTB) and others at a formation Feb. 3 in Naval Support Activity Bethesda’s Fitness Center gym.

He said he took them up on that challenge and decided he just didn’t want to recover from his injuries while he was with the WTB, but decided to better himself. He went back to school and is pursuing a master’s degree and has completed three internships. He works as a civilian employee with the Department of Defense.

One day last fall, Groberg received a phone call from President Barack Obama, who told him that he would be giving Groberg the Medal of Honor

at a ceremony in November. Groberg is the 10th living service member to receive that award for selfless actions on the battlefield in Iraq or Afghanistan.

“And then my life changed,” Groberg said. “I never understood the responsibility behind this medal before. I was told by many of the recipients that this is a life-changing moment; that this is something that you just

See **RECALL**

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Herculean Efforts Helped Hospital, Base Withstand 'Snowzilla'

By **BERNARD S. LITTLE**
WRNMMC Public
Affairs staff writer

Many employees at Walter Reed National Military Medical Center (WRNMMC) and Naval Support Activity Bethesda (NSAB) made arrangements to fill their posts, maintaining patient care and other services while a record snowfall blanketed the Washington, D.C. metropolitan region Jan. 22-24.

Snowfall from Winter Storm Jonas, "Snowzilla", reached two feet or more with heavy winds and whiteout conditions throughout the region. "Snowzilla," caused blizzard conditions with strong and sustained winds of at least 35 miles per hour starting the evening of Jan. 22 and lasting throughout much of the day on Jan. 23. Snowfall totals ranked as one of the highest for the area. Staff members at WRN-

MMC and NSAB stepped up to meet the challenges despite the crippling conditions from Jonas, which tied for the fourth top storm on record for snowfall totals at Ronald Reagan Washington National Airport (17.8"), second for Washington Dulles International Airport (29.3"), and the snowiest for Baltimore/Washington International Thurgood Marshall Airport (29.2").

"Nutrition Services Department is really proud

of not missing a single service hour over this multi-day event," stated Lt. Col. Ronna Trent, chief of NSD's food operations at WRNMMC. "Our staff was here to serve hot food all weekend long," she continued.

Trent explained when the storm was forecasted earlier in the week, NSD staff members were briefed on their mission essential (ME) status, and provisions were made for over-



PHOTO BY MC2 HANK GETTYS

Snowfall from Winter Storm Jonas, "Snowzilla", reached two feet or more with heavy winds and whiteout conditions throughout the region.

night accommodations. "We also pre-loaded our major food deliveries so we had food and supplements in house. Most of our military staff stayed three consecutive nights, some longer because of their inability to get home," she added.

Col. Ray Antoine, director of nursing services at WRNMMC, said similar pre-planning began Jan. 18 for his team.

"Leaders were instructed to review all weekend schedules to ensure adequate staffing would be in place for the entire weekend. Senior enlisted leaders were directed to review supply stock levels going into the weekend to ensure there were no shortages of needed supplies. They were also instructed to secure cots and bedding for mission essential staff who remained in house during the storm," Antoine added.

"In my estimation, all staff members who remained here during the storm went above and beyond," he continued.

Providers, nurses, and pharmacy personnel "collaboratively worked to expedite the care of patients and discharge those suitable for release prior to the storm," Antoine said.

During the storm, every inpatient unit, as well as the post-operative care unit, main operating room and other patient care areas, had several nursing staff members who slept in the hospital to ensure there would be available staff required to properly care for patients and provide surgical care if needed, he explained.

"There were many staff

members who reported in on Friday [Jan. 22], well ahead of their scheduled shifts. In some cases, staff reported as much as 24 hours prior [to their shifts]. We also had staff members who, of their own accord, secured lodging [nearby at NSAB]," Antoine said. "Additionally, many staff who lived on or near Wisconsin Avenue hiked to work through the snow during the weekend to be here in time to care for patients on their assigned wards."

"During this 72-hour time period, the main operating room staff performed 26 surgical cases, one of which was an emergency craniotomy with only 20 minutes' notice," Antoine added.

Navy Lt. Cmdr. Gregg Benton, chief of Facilities Management Department (FMD) at WRNMMC, also had high praises for the work of his team to ensure operations continued during the blizzard.

"Given the record event, the partnership and communications with the base and all tenants led to continued operations and care for our patients," Benton said.

He explained his department met with the base Public Works Department and other facilities support personnel to ensure proper staffing levels to respond to hospital and housekeeping needs prior to the blizzard.

"We had staff monitoring our digital control systems to ensure our internal air temperatures, humidity levels, and

See **SNOWZILLA**

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National Wear Red Day at WRNMMC



PHOTO BY SHARON RENEE TAYLOR

Staff members throughout Walter Reed National Military Medical Center sported red attire in support of National Wear Red Day, Feb. 6. National Wear Red Day is observed to draw awareness to heart disease and February as Heart Health Month. Special focus during the observance is on heart disease in women through The Heart Truth campaign. The campaign is designed to warn women of their #1 health threat--heart disease.



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cutest couple

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RECALL CONTINUED FROM PAGE 7

can't push aside and that you're going to get a lot of requests to do a lot of different things and a lot of people are going to look to you to make decisions."

WTB Commander Col. Christopher Boyle thanked Groberg for his candid remarks, and said he could tell that Groberg took the responsibility and burden that comes with receiving the Medal of Honor seriously.

"I think it really speaks to him as a person, as a man, as an American citizen, about what it's about as he transitioned, that there is a continued need for him personally to serve," Boyle said. "I just want to thank him for his service."

There are three things Groberg said he'd like to fight for with this new platform: First, continuing to fight for veteran's education; second, reducing the veteran homeless population and third, continuing to

work with Wounded Warriors to better their lives.

"I wanted to earn the right to get out of this hospital," Groberg said. "Then after that, I wanted to earn the right to be wearing that medal. I didn't bring it today because I wanted to come here and talk to you as just a peer, as an individual who was just a wounded guy for many years, that just went through a lot of headaches and heartaches and great moments as well."

Groberg said he was excited to come speak to the WTB, but it was also an emotional time for him as well.

"I just hope that you all never give up; no matter how tough it gets, there's always tomorrow," Groberg said. "There's always people around there that love you and will be there for you and if you remain as a team, you can overcome any obstacle."

SNOWZILLA CONTINUED FROM PAGE 4

room pressures remained as required," Benton explained. "We also ensured we had our back-up generators ready to go given the loss of power was thought to be high. This ensured hospital care and information technology (IT) services would continue without patient impact. We prepared all roofs for the snow by clearing drains to prevent water intrusion concerns. We even had construction crews on site to mitigate any issues the snow might have around the project areas, such as the skylight project."

Benton added his department personnel "remained vigilant" and performed continuous rounds checking patient areas and mechanical equipment to ensure there were no issues with the freez-

ing temperatures and snow build-up during the blizzard. "Bob Dickey stayed overnight and performed continuous rounds of the hospital and the grounds. His assistance was greatly appreciated as he was the 'eyes-on' employee when we had issues or there was a need to get something," Benton said.

"Thomas Bailey came in as soon as possible and single-handedly removed all the medical waste from the hospital clinics and prepared it for shipment," he added.

"Lt. Cmdr. Jayson Dooley and Dan Barnes, of Naval Facilities Engineering Command PWD Bethesda, handled the full responsibility for the snow removal for NSAB and were on-site around the clock. They ensured hospital operations were maintained while simultaneously supporting a presidential visit [on Jan. 25]," Benton said.

NSAB Commanding Officer

Capt. Marvin Jones, also saluted the teamwork, stating in his Jan. 28 Commander's Column, "From pre-planning before the storm, through howling winds, whiteout conditions and heavy accumulation of snow, we never stopped working as a team... Thank you to everyone who had a role in dealing with this storm. Our Public Works Department planned and managed a massive snow removal effort with our contractor partners and teams of contract employees, worked tirelessly to clear mind-boggling amounts of snow through grim conditions."

"There are lessons to be learned from this storm and as we learn them, we'll be better-prepared for the next time," Jones continued. "Thank you for your tremendous contributions. I know to expect nothing less from our exceptional team and community. One team, one dream."



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